

art

Artistic Italian Tiles | 3 weeks

Create beautiful "old world" Spanish and Italian glazed tiles in the style of Majorca. Using some ancient designs and incorporating contemporary ones, your hand painted tiles will delight and surprise you. **Note:** Materials fee for tiles due to the instructor at the first class (\$5 - \$12 for tile, glaze, & fire fees).

Instructor: Margo Gravelle

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
4102.402	13 yrs & up	Thu	9:30am-12:00pm	Sept 27	\$52

Basic Drawing | 7 weeks

This is the perfect "starter" class for the first time art student. Classes will include working with pencil, charcoal and chalk pastels. **Note:** Materials list required.

Instructor: Paulette Roussel

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
4101.402	13 yrs & up	Tue	6:45-8:45pm	Sept 11	\$63

Beatlemani-ART | 8 weeks

Fans will love this Fab art class, creating original art inspired by the music, fashion, and images of The Beatles. Discuss lyrics and listen to a favorite song while drawing and painting watercolors. Johnathon Gallagher is an aficionado on The Beatles as well as an award winning multi-media artist.

Instructor: Johnathon Gallagher

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
4139.402	15 yrs & up	Tue	3:30-5:30pm	Sept 11	\$56

Drawing Techniques | 7 weeks

Students will be introduced to different ways of drawing while utilizing multiple materials. Expect to explore various aspects of perspective drawing, composition, texture and value studies. Great for the beginning and intermediate artist. **Note:** Materials list required.

Instructor: Jack Paul Miller

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
4109.402	18 yrs & up	Tue	1:00-3:00pm	Sept 11	\$55

Hand Spinning | 9 weeks

Learn to spin your own yarn using a hand spindle or spinning wheel. Learn to prepare fiber for spinning and how to ply the yarn for use in knitting, crochet or weaving. Equipment provided or bring your own. For all levels.

Note: Supply fee of \$15 is due to the instructor at the first class.

Instructor: Anna Zinsmeister

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
4142.402	13 yrs & up	Wed	6:00-9:00pm	Sept 12	\$92

jewelry making

**Jewelry Making Basics**

7 weeks

Create jewelry you'll want to wear! You will learn the skills to make necklaces, bracelets and earrings with beads of your choice and color using proper jewelry tools. **Note:** Materials will cost approximately \$70. Materials list required.

Instructor: Paulette Roussel

Location: Creative Arts Center

Activity#	4122.402
Ages	13 yrs & up
Day	Mon
Time	1:00-3:00pm
Start	Sept 10
Fee	\$65

Activity#	4124.402
Ages	13 yrs & up
Day	Thu
Time	6:45-8:45pm
Start	Sept 13
Fee	\$65

Activity#	4125.402
Ages	13 yrs & up
Day	Fri
Time	3:30-5:30pm
Start	Sept 14
Fee	\$65



Holiday Décor-3 Projects

12 weeks

First 5 weeks will be a comical paper clay MUMMY head to sit upon a tall wrapped wire body. Second 5 weeks will be a paper clay Snowball Princess (head on a pre sewn cloth body sitting in a constructed shadow box). Last 2 weeks will be building a gingerbread house and decorating with lots of candy. **Note:** A one-time supply fee, for all 3 projects of \$50 will be due to the instructor on the

first day of class. Students need to provide some fabric for the Snowball Princess and candy for their Gingerbread House.

Instructor: Lynne Roznowski

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4101.403	18 yrs & up	Wed	7:15-8:45pm	Sept 12	\$80

Live Model Workshop | 8 weeks

This workshop is designed for those who can paint and/or draw independently, without instruction, using any media. Registration includes model fee. Class minimum registration of 8 students must be reached by January 4. Registration is now being accepted. Checks for this class must be made out to: Fine Arts Federation. **Note:** Walk-in registration is accepted at the Creative Arts Center only.

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
4143.402*	18 yrs & up	Wed	9:30am-12:30pm	Sept 12	\$70

*Not available for internet registration.

Mixed-Media Collage | 6 weeks

Experience the fundamentals of collage as a visual language. The focus is on personal expression with both representational and abstract styles considered. You will be encouraged to experiment and develop your own personal style. **Note:** Materials list required.

Instructor: Lois Ramirez

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
4106.402	18 yrs & up	Wed	1:00-3:00pm	Sept 12	\$75

Painting, Acrylics | 6 weeks

All levels of experience are welcome. Students will learn how to paint realistically from life and photos, while using eco-friendly acrylics, with results mirroring oil paint. Each class consists of a painting demonstration followed by one-on-one instruction. **Note:** Materials list required.

Instructor: Christina Ramos

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
4134.402	13 yrs & up	Fri	10:00am-12:00pm	Sept 14	\$73

Painting, Introduction to | 6 weeks

Whether this is your first opportunity to explore the world of art or you are already into it and need some guidance and direction, this class is for you. Acrylics or oils are welcome. Supplies will be discussed at first class. **Note:** Please bring newsprint pad and a \$2.50 material fee for a "Pentel" pen to first class.

Instructor: Margo Gravelle

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
4108.402	13 yrs & up	Thu	9:30-11:30am	Oct 18	\$72

Painting, Oil | 8 weeks

Brush up on your skills and make your paintings come alive with the help of a professional painter. Scenic Artist Johnathon Gallagher offers first hand advice on the secret success in basic oil painting techniques. Class covers priming, composition, color blending, texture painting and glazing. **Note:** Materials list required.

Instructor: Johnathon Gallagher

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
4138.402	15 yrs & up	Fri	1:00-3:00pm	Sept 14	\$56

Painting, Watercolor Impressions | 8 weeks

Basics of how to start a watercolor are covered, with emphasis on materials, glazes and washes, mixing and choosing color, composition and design, and surface techniques. Still life set-ups and working from landscapes will be explored. **Note:** Materials list required. A \$10 supply fee is due to the instructor at the first class meeting.

Instructor: Valia Hristova

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
4129.402	13 yrs & up	Mon	6:00-8:00pm	Sept 10	\$80

Painting, Watercolor Int/Adv | 9 weeks

Explore the variety of experimental techniques with water base paints. A still life project will be available each week. Students may work on their drawing as well. A critique will be given each week on class or individual projects.

Instructor: Pam McDonald

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
4110.402	18 yrs & up	Mon	9:30-11:30am	Sept 10	\$81



Pottery | 9 weeks

Level 1 - Beginning: Students will learn various methods of hand construction with high fire stoneware clay. Pinch, slab and coil techniques and introduction to glazing will be covered. No pottery wheel instruction in the Level 1 class. **Level 2 - Intermediate/Advanced:** Classes will include individual instruction in the techniques of wheel throwing, hand building and glazing. Students will expand upon their knowledge of what was learned in Level 1 classes. Beginning Pottery (Level 1) is a pre-requisite for Intermediate/Advanced (Level 2).

Location: Creative Arts Center

Instructor: Maria F. Santistevan **Level 1**

Activity #	Ages	Day	Time	Start	Fee
4116.402*	18 yrs & up	Thu	1:00-3:00pm	Sept 13	\$48

*Not available for Internet registration.

Instructor: Jack Paul Miller **Levels 1 & 2**

Activity #	Ages	Day	Time	Start	Fee
4114.402	18 yrs & up	Mon	7:00-9:00pm	Sept 10	\$48
4115.402	18 yrs & up	Tue	6:00-9:00pm	Sept 11	\$70

Instructor: Debbie Henson **Level 2**

Activity #	Ages	Day	Time	Start	Fee
4111.402	13 yrs & up	Mon	12:30 - 2:30pm	Sept 10	\$48
4117.402	18 yrs & up	Tue	1:00-3:00pm	Sept 11	\$48

Instructor: Judy Springborn **Level 2**

Activity #	Ages	Day	Time	Start	Fee
4112.402	18 yrs & up	Wed	7:00-9:00pm	Sept 12	\$48

Instructor: Veronica Ferrantelli **Level 2**

Activity #	Ages	Day	Time	Start	Fee
4118.402	13 yrs & up	Thu	6:00-9:00pm	Sept 13	\$70

Instructor: Barbara Rog **Level 2**

Activity #	Ages	Day	Time	Start	Fee
4119.402*	18 yrs & up	Tue	9:30-11:30am	Sept 11	\$48
4120.402*	18 yrs & up	Wed	9:30-11:30am	Sept 12	\$48
4121.402*	18 yrs & up	Thu	9:30-11:30am	Sept 13	\$48

*Not available for Internet registration.

Pottery, Extruded Ceramics | 9 weeks

Projects are designed to familiarize you with this fascinating machine and stimulate your creativity while producing a variety of hand-built pottery. **Note:** A non-refundable supply fee of \$10 is included in class fee. Glaze and firing fee apply.

Instructor: Jack Paul Miller

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
4127.402	18 yrs & up	Mon	4:00-6:00pm	Sept 10	\$58

Pottery, Friday Night At The Pottery Studio | 9 weeks

This class is designed for beginning through advanced pottery students. Beginners will learn the basics in pottery making, while intermediate/advanced students may work on their own projects with technical assistance from the instructor, if desired. **Note:** Materials list required for beginning students.

Instructor: Michael Hirsh

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
4132.402	13 yrs & up	Fri	4:00-7:00pm	Sept 14	\$70

Pottery, Wheel and Glaze | 9 weeks

Learn how to throw, trim and glaze in this comprehensive class. This class is designed to help the beginner through advanced student improve and develop their pottery skills. Basic and advanced glazing techniques will be taught. Hand builders are also welcome. **Note:** Materials list required for beginning students.

Instructor: Michael Hirsh

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
4123.402	15 yrs & up	Wed	1:00-3:00pm	Sept 12	\$48

Precious Metal Clay (PMC) – Level 1 | 3 weeks

In 3 separate sessions you will learn various techniques of working with either bronze or silver metal clay. Projects will address forming techniques, mold making, and pre-firing refining. Be prepared to purchase PMC3 metal clay (25 gm about \$63) or original Bronzclay (100 gm about \$25) from the instructor at the first class. **Note:** All tools are supplied, but do bring buttons, stamps, and sources of texture (shells, leaves, etc.) and a sketch book. A \$10 firing fee is due to the instructor at the first class meeting.

Instructor: Joan Gamberg

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
4131.402	13 yrs & up	Sat	9:30am-12:00pm	Sept 15	\$78

Precious Metal Clay (PMC) – Level 2 | 3 weeks

This is a class for continuing students to address specific projects of their choosing, including ring and bead making, variations on bezels and bails, carving and mold forming, and combining materials by torch firing. Be prepared to purchase PMC3 metal clay (25 gm about \$63) or original Bronzclay (100 gm about \$25) from the instructor at the first class. **Note:** All tools are supplied, but do bring buttons, stamps, and sources of texture (shells, leaves, etc.) and a sketch book. A \$10 firing fee is due to the instructor at the first class meeting.

Instructor: Joan Gamberg

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
4133.402	13 yrs & up	Thu	6:30pm-9:30pm	Oct 4	\$78

Weaving | 9 weeks

Learn the techniques of inkle, rigid heddle two-shaft, or four-shaft weaving. Try them all, then choose your favorite and make projects including scarves, placemats, bags, camera straps, and belts. **Note:** Supply fee of \$10 is due to the instructor at the first class.

Instructor: Anna Zinsmeister

Location: Creative Arts Center

Activity #	Ages	Day	Time	Start	Fee
4144.402	13 yrs & up	Wed	6:00-9:00pm	Sept 12	\$92

dance

**Ballet** | 11 or 12 weeks

Classical ballet improves concentration, flexibility, endurance and is used as a foundation for other dance forms. The fundamentals of classical ballet technique are introduced and developed in this class which includes barre, floor stretch, and center work. Barre work will start at the introductory level and progress in difficulty over the session.

Instructor: Sandra Aiena Dixon

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4200.403	12 yrs & up	Wed	7:00-7:40pm	Sept 12	\$58
4202.403	12 yrs & up	Thu	7:15-7:55pm	Sept 13 (12 wks)	\$63

Bellydance | 10 weeks

Level 1: is a basic introduction to Bellydance for persons with no prior experience or for those who would like to polish their basics. **Level 2:** Intermediate students practice expanding on basic form, developing style and learning routines. Recommended: Mastery of basic step patterns and movement, at least one session of Level 1 or equivalent. **Level 3:** is a faster paced performance and choreography class for experienced students, with focus on concentrated practice for the Spring Fling performance. No class on October 4.

Instructor: Zahra Zuhair

Location: Olive Recreation Center

Level 1

Activity #	Ages	Day	Time	Start	Fee
4211.403	12 yrs & up	Mon	7:15-8:05pm	Sept 10	\$66

Level 2

Activity #	Ages	Day	Time	Start	Fee
4212.403	12 yrs & up	Thu	6:30-7:20pm	Sept 13	\$66

Level 3

Activity #	Ages	Day	Time	Start	Fee
4213.403*	12 yrs & up	Thu	7:30-8:30pm	Sept 13	\$69

*Instructor approval required. Not available for Internet registration.

Cha Cha Cha | 9 weeks

Cha Cha Cha is the easy to learn Latin dance that will spice up the dance floor. We'll cover both solo and partner steps, but no partner is needed. We'll have fun dancing to a great variety of music!

Instructor: Nicole Inman & Orlando Delgado

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4210.405	13 yrs & up	Tue	6:15-7:15pm	Sept 11	\$81

Country Line Dance | 8 weeks

Line dancing can motivate your mind, add fun to your life, and help you lose weight the easy way. New Dancers are always welcome to this easy going dance class. All dance patterns will be explained so that you can have fun without getting all sweaty!

Instructor: Ron Black

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4260.405	18 yrs & up	Fri	7:00-9:00pm	Sept 14	\$26

Cumbia Dance | 6 weeks

Cumbia is one of the most popular dance styles in Latin America. The steps are simple and the music beautiful. We'll cover both solo and partner steps, but no partner is needed in this fun class.

Instructor: Bodygroove, Nicole Inman

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4211.405	13 yrs & up	Thu	8:15-9:15pm	Sept 13	\$56

East Coast Swing/Night Club 2-Step/ Waltz | 9 weeks

Learn new steps with "showcase" flare to choreographed routines. Partners are not required. **Note:** Smooth soled shoes only, no athletic shoes.

Instructor: Rikki Barton

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4222.403	13 yrs & up	Wed	8:00-9:00pm	Sept 12	\$58

Hip Hop Dance | 12 weeks

This high energy Hip Hop class that has you dancing to clean Hip Hop songs and artists that inspires you to dance. The class will break down a variety of Hip Hop styles with fresh and upbeat choreography. All levels of dancers are welcome.

Instructor: Teri Richardson

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4208.403	16 yrs & up	Tue	12:30-1:30pm	Sept 11	\$70
4221.403*	16 yrs & up	Thu	8:15-9:15pm	Sept 13	\$70

*Class #4221.403 (Thursday) can be taken for \$62, if concurrently enrolled in class #4220.403 (Tuesday Jazz). Not available for internet registration.

Hula | 11 weeks

Learn the graceful, expressive art of Hula. Level 1 & 2 (combo): Beginner and Intermediate students practice basic Hula step patterns, traditional style and form and learn several Hula's at a variety of dance levels. Level 3: In this faster-paced class, experienced students can increase their repertoire, develop their style and practice performance routines. Recommended: Students should master basic Hula step patterns and attend 3 or more sessions of Hula Level 1 and 2 (or equivalent) before considering level 3. No class on September 17.

Instructor: Shari Ward

Location: Olive Recreation Center

Level 1 & 2 (combo)

Activity #	Ages	Day	Time	Start	Fee
4214.403	13 yrs & up	Mon	6:30-7:30pm	Sept 10	\$66

Level 3

Activity #	Ages	Day	Time	Start	Fee
4215.403	13 yrs & up	Mon	7:30-9:00pm	Sept 10	\$99

Jazz | 11 weeks

The focus is on jazz choreography. This class has to be taken concurrently with one of Sandra Dixon's Ballet or Tap classes.

Instructor: Sandra Aiena Dixon

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4219.403*	12 yrs & up	Wed	7:45-8:10pm	Sept 12	\$25

*Instructor approval required. Not available for Internet registration.

Jazz Dance | 12 weeks

Jazz, Jazz and more Jazz...theatrical, contemporary and old school jazz. We do it all. Class includes stretching, a high energy warm up, and technique across the floor and Jazz choreography that will be put into a fun routine. **Note:** Please wear appropriate dance clothes. Jazz shoes are needed.

Instructor: Teri Richardson

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4220.403	16 yrs & up	Tue	8:30-9:30pm	Sept 11	\$70
4209.403*	16 yrs & up	Thu	12:30-1:30pm	Sept 13	\$70

*Class #4209.403 (Thursday) can be taken for \$62, if concurrently enrolled in class #4208.403 (Tuesday Hip Hop). Not available for internet registration.

Rumba/Tango/Bolero | 9 weeks

Learn new steps with "showcase" flare to choreographed routines. Partners are not required. Smooth soled shoes only, no athletic shoes.

Instructor: Rikki Barton

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4218.403	13 yrs & up	Wed	7:00-8:00pm	Sept 12	\$58

Salsa - Level 1 | 9 weeks

This beginner class will show you the basic steps and hip movements to this fun and exciting dance - no experience or partner necessary. Get ready to move and groove to great Latin music. Be forewarned: Salsa dancing is addictive!

Instructors: Bodygroove, Nicole Inman, Orlando Delgado

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4201.405	13 yrs & up	Tue	7:15-8:15pm	Sept 11	\$81

Salsa - Level 2 | 9 weeks

Learn more HOT Salsa steps - L.A. Style! Freestyle and partner steps will be covered and as always, you'll get to dance to some incredible Latin music. Optional trip to a real salsa club near the conclusion of class. Pre-requisite: Salsa, Level 1.

Instructors: Bodygroove, Nicole Inman, Orlando Delgado

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4202.405	13 yrs & up	Tue	8:15-9:15pm	Sept 11	\$81

Tap Dance - Level 1 | 12 weeks

Tap dancers make music with their feet. The basics are introduced and developed in this class that starts with shuffles and flaps and progresses to combinations and routines. It's great physical and mental exercise. Beginners and experienced dancers are welcome.

Instructor: Sandra Aiena Dixon

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4206.403	13 yrs & up	Sat	9:30-9:55am	Sept 15	\$56

martial arts**Danzan Jujitsu | 12 weeks**

Danzan Jujitsu is a Pacific Asian system of personal combat that utilizes escapes, throws, joint locks, kicking/striking, grappling submissions and weapon techniques. Dojo classes are year round and students may advance through black belt. Students under 16 years of age are encouraged to bring a partner. Sensei Kimo Williams also teaches traditional Danzan healing arts.

Note: There is a \$35 association fee.

Instructor: Kimo Williams

Location: Verdugo Lower Assembly Building

Activity #	Ages	Day	Time	Start	Fee
4601.404	15 yrs & up	T/Th	7:00-9:00pm	Sept 11	\$137
4604.404	15 yrs & up	Wed	7:00-9:00pm	Sept 12	\$ 92

Karate | 9 weeks

Adopt a healthy lifestyle while acquiring proven self defense skills. This art form has been successfully used for centuries for protection and promoting personal health and wellness. Our comprehensive curriculum and exclusive Kibukan® system offers the best mix of traditional structure, modern training focusing on fluidity, continuous movement, blending and redirection. **Note:** A \$55 start-up fee is due at the first class for new students.

Instructor: Masters In Motion

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4603.405	13 yrs & up	Tue	7:00-8:00pm	Sept 11	\$103
4604.405	13 yrs & up	Thu	7:00-8:00pm	Sept 13	\$103
4605.405	13 yrs & up	T/Th	7:00-8:00pm	Sept 11	\$191

Karate Boot Camp | 4 weeks

Take advantage of this once-a-year opportunity to experience the entire Karate curriculum from white to black belt. Training covers kicking, punching, grappling, forms and self-defense. Whether you are an existing student that needs a review, wants a head start on what's next or a first time participant, this course is for you. **Note:** A \$55 start-up fee is due at the first class for new students.

Instructor: Masters In Motion

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4620.405	13 yrs & up	T/Th	6:45-7:45pm	Nov 27	\$101

Karate Sport | 8 weeks

Have fun exploring the sporting application of Karate through competitive sparring. Refine and apply your skills in a dynamic high energy atmosphere using protective gear in a safety conscious environment. Sparring also allows you to develop and improve your conditioning, control, timing, awareness, reflexes and coordination. **Note:** Participation is contingent upon concurrent enrollment in Karate and instructor approval for first time enrollees.

Instructor: Masters In Motion

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4610.405	13 yrs & up	Mon	6:30-7:00pm	Sept 10	\$71

Kobudo | 9 weeks

Explore the mystique of Karate weapons for fun, health, physical conditioning and self-defense. Powered by the exclusive Kibukan system, our comprehensive curriculum promotes balance, muscle control, flexibility and focus. Various weapons also help condition specific muscle groups for developing a stronger body, peaceful attitude and sense of balance. **Note:** A \$55 start-up fee is due at the first class for new students.

Instructor: Masters In Motion

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4606.405	13 yrs & up	Wed	6:45-7:45pm	Sept 12	\$103
4607.405	13 yrs & up	Sat	10:45-11:45am	Sept 15	\$103
4609.405	13 yrs & up	Wed/Sat	Varied	Sept 12	\$191

**Kobudo Sport | 8 weeks**

Explore the sporting application of weapons through competitive sparring. Refine and apply your skills in a dynamic high energy atmosphere using protective gear in a safety conscious environment. Sparring also allows you to develop and improve their control, distance, form, focus, eye intensity, awareness, reflexes, coordination, and timing. **Note:** Participation is contingent upon concurrent enrollment in Kobudo and instructor approval for first time enrollees.

Instructor: Masters In Motion

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4601.405	13 yrs & up	Mon	7:00-7:30pm	Sept 10	\$71

Masters Academy | 8 weeks

Maximize your time, training opportunity and cost savings with a comprehensive martial arts experience that includes all classes for Karate, Kobudo and their Sport extensions. Invest in your future and be part of history by training in arts passed down for centuries through our direct lineage. Additional Instructions: All requirements for individual programs apply.

Instructor: Masters In Motion

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4608.405	13yrs-Adult	M,T,W,Th,Sat	Varied	Sept 10	\$349

Tai Chi | 9 weeks

Tai Chi Chuan is an internal Chinese Martial Art. It promotes relaxation, balance, coordination, flexibility and strength. In addition to improving health and fitness, with regular practice, one can develop instinctive self-defense skills.

Location: Verdugo Lower Assembly Building

Instructor: Dede Nardini **Level 1**

Activity #	Ages	Day	Time	Start	Fee
4607.404	13 yrs & up	Mon	6:45-8:00pm	Sept 10	\$82

Instructor: Dede Nardini **Level 1 & 2**

Activity #	Ages	Day	Time	Start	Fee
4603.404	13 yrs & up	Wed	10:00-11:15am	Sept 12	\$82

Instructor: Iren Jensen **Level 1 & 2**

Activity #	Ages	Day	Time	Start	Fee
4606.404	13 yrs & up	Fri	9:00-10:15am	Sept 14	\$82

Instructor: Iren Jensen and Dede Nardini **Level 1 & 2**

Activity #	Ages	Day	Time	Start	Fee
4605.404	13 yrs & up	Sat	9:00-10:15am	Sept 15	\$82

Instructor: Dede Nardini **Level 2**

Activity #	Ages	Day	Time	Start	Fee
4602.404	13 yrs & up	Mon	8:00-9:30pm	Sept 10	\$82

Location: McCambridge Recreation Center

Instructor: Iren Jensen **Level 1 & 2**

Activity #	Ages	Day	Time	Start	Fee
4611.405	13 yrs & up	Wed	7:00-8:00pm	Sept 12	\$82

music

Electric Bass | 6 weeks NEW

Get Rockin' with the electric bass. Learn scales, chords and rhythms, and apply then to a wide variety of music styles. Learn what to listen for in a great baseline and how to improvise while lying down...a great groove. **Note:** Student needs to supply own electric bass guitar.

Instructor: Peter Carreiro

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4501.403	12 yrs & up	Thu	7:00-8:00pm	Sept 13	\$80

Piano, Beginning (Group Class) | 8 weeks

Classes are offered with a foundation for Music Theory and basic concept of reading music. Each student is provided with their own keyboards to use which KMMN brings each week. This program is designed to be a progressive program and there are 4 levels to each series of books. **Note:** A material fee of \$25 is due to the instructor at the first class meeting.

Instructor: Kids Music N Motion

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4546.405	13 yrs & up	Mon	5:00-5:45pm	Sept 10	\$125
4545.405	16 yrs & up	Mon	5:45-6:30pm	Sept 10	\$125
4547.405	13 yrs & up	Sat	3:45-4:30pm	Sept 15	\$125

Violin, Beginning | 8 weeks

In our fun and innovative group violin classes, children learn posture, rhythm, and bowing while building a concrete foundation for learning to read music. Basic techniques will be taught in this class as well as children being introduced to basic music theory. **Note:** Violins are required for each student. You may call Kids Music N' Motion for specifics at 310-373-0280. **Note:** A material fee of \$25 is due to the instructor at the first class meeting.

Instructor: Kid's Music N Motion

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4560.405	12-17 yrs	Wed	5:00-5:45pm	Sept 12	\$125
4562.405	18 yrs & up	Wed	5:45-6:30pm	Sept 12	\$125
4561.405	12 yrs & up	Sat	1:20-2:05pm	Sept 15	\$125



special interest

**Acting for Film and Television | 8 weeks**

With the emphasis on fun, students will learn basic acting skills developing confidence and self-esteem required for a film or television audition. The class will consist of games, character development and scene study.

Instructor: Claire Jacobs

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
3526.405	13-17 yrs	Thu	5:30-6:30pm	Sept 13	\$90

Acting Technique | 6 weeks

Using improvisational exercises and scripted work, this class will help develop and sharpen basic acting techniques. Designed for beginning and intermediate performers, the class is taught by the Founder and Artistic Director of the Ovation Award winning Grove Theater Center. **Note:** Registration for this class must be completed through the Burbank Park, Recreation and Community Services Department. Registration is not accepted at the Grove Theater.

Instructor & Location: Grove Theater Center
1111B Olive Avenue, Burbank CA 91506

Activity #	Ages	Day	Time	Start	Fee
4510.403	17 yrs & up	Mon	7:00-8:30pm	Sept 10	\$98

Beginning /Intermediate Knitting | 4 weeks

This class is for both beginners and those who already know the basics of knitting. Beginners will learn the basics such as cast on, knit stitch, purl stitch, ribbing, binding off, fringing and weaving in ends. For those who know the basics, we will learn pattern reading, shaping, increasing/decreasing lace, cable, and more.

Note: Materials required: size 11 needles (preferably metal), and two skeins of Jiffy yarn.

Instructor: Alisa M.

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4513.405	13 yrs & up	Mon	10:00am-12:00pm	Sept 10	\$52
4514.405	13 yrs & up	Mon	6:00-8:00pm	Sept 10	\$52
4515.405	13 yrs & up	Mon	6:00-8:00pm	Oct 15	\$52
4516.405	13 yrs & up	Mon	10:00am-12:00pm	Oct 15	\$52

Cooking Made Easy with Chef Judy Shalhoub | 1 day

Chef Shalhoub will offer a variety of culinary experiences from cuisines around the world made easy and healthy. Sign up for one or all as fits your interests. Chef Shalhoub has been teaching Culinary Arts for 12 years at BHS and is a Registered Dietitian for over 35 years. **Note:** A \$15 lab fee is due to the instructor at the beginning of each class. Recipes will be provided along with take-out containers.

Instructor: Judy Shalhoub

Location: Burbank High School Second Floor - Room #1223
902 N Third Street, Burbank CA 91502

Desserts from Around the World

Activity #	Ages	Day	Time	Start	Fee
4534.402	13 yrs & up	Sat	10:30am-1:00pm	Sept 22	\$40

Going Green

Activity #	Ages	Day	Time	Start	Fee
4530.402	13 yrs & up	Sat	10:30am-1:00pm	Oct 6	\$40

Fun with Quinoa, the Healthiest grain on Earth and Gluten Free

Activity #	Ages	Day	Time	Start	Fee
4535.402	13 yrs & up	Sat	10:30am-1:00pm	Oct 20	\$40

Dog Training: The Basics of Dog Obedience | 7 weeks

Help make your pet a more enjoyable, well-mannered companion. Classes will focus on skills such as sit, down, stay, come, heel, leash skills and dog-to-dog introductions. Learn troubleshooting techniques for such common problems as jumping, digging, barking, destructive chewing. All dogs participating in class must be 4 months of age and be fully vaccinated prior to starting class.

Note: First class session will be with owners only in the Recreation Center.

Instructor: Melissa Munoz

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4501.404	16 yrs & up	Wed	6:30-7:30pm	Sept 12	\$110
4502.404	16 yrs & up	Sat	10:00-11:00am	Sept 15	\$110

Open Sky - Jr Aviation | 8 weeks

This class inspires teens to discover the world of aviation through fun activities based on engineering, science, geometry, history and the governance of past and future aviation. Participants will work together, learning through discovery, to build their own planes. **Note:** A \$60 material fee is due at the first class.

Instructor: Noel Famatiga

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
3506.404	13-17 yrs	Tue	4:40-6:10pm	Sept 11	\$100

Open Sky - Park Flyer | 8 weeks

This class will focus on the basics of Radio Controlled Aeronautics. We will learn formulas and techniques that will inspire people to enjoy the hobby. Emphasis will be on fixing crashed planes and using recycled material. **Note:** A \$60 material fee is due at the first class.

Instructor: Noel Famatiga

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4506.404	13 yrs & up	Tue	6:20-7:40pm	Sept 11	\$105

Picture Perfect | 2 weeks NEW

Learn how to take photos that look professional. Gain skills that will transform snapshots into masterpieces. Using quick tips and the principals of fine arts, we will analyze photos to see how they could have been done differently to make them more interesting and visually stimulating.

Instructor: Norma Mirpol

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4502.403	13 yrs & up	Thu	5:00-6:30pm	Sept 13	\$25

Positive Reward Dog Obedience | 5 weeks

Smart Paws Positive Reward based Obedience Class. Skills taught in this class include: sit, down, go to your spot, leave it, come, walking on a leash, get back, and heel. **Note:** Class meets at Picnic Area 4 near the War Memorial (Amherst and San Fernando).

Instructor: Jenina Schutter

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4502.405	13 yrs & up	Sat	3:00-4:00pm	Sept 15	\$125



SAT Test Prep- Crash Course | 1 day

Learn the top test-taking tactics and tricks to raise your SAT scores in this one-day, intensive, 6-hour course. Practice with an actual SAT test. Taught by an expert who specializes in SAT test preparation. Bring your own snack, meal, and calculator.

Class is on Saturday, October 13.

Instructor: Pam Bassuk, The Burbank Tutor

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
3505.405	13-17 yrs	Sat	10:00-4:00pm	Oct 13	\$89

Scene Study for Actors | 8 weeks

For Actors wishing to hone their skills. Class will consist of acting exercises and scene study.

Instructor: Claire Jacobs

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4525.405	17 yrs & up	Thu	6:30-7:30pm	Sept 13	\$90

Screenplay Writing | 8 weeks

The **Level I** class guides you step-by-step through the screenwriting process. Learn format, structure, plot points, character arcs, beat sheets and how to write dialog. Implement industry terminology with confidence. Develop your own stories and accepted studio "pitches" while starting to write your movie. The **Level II** class is the next step for screenwriters in writing the movie form. We will concentrate on the development of studio or independent scripts -- designed to take you to your finished First Draft. We will watch movies, analyze from a screenplay perspective and help with rewriting and polishing. Beginning Screenplay Writing (Level 1) is a pre-requisite for Level 2. **Note:** A \$15 material fee is due at the first class.

Instructor: Mark Troy

Location: Olive Recreation Center

Level 1

Activity #	Ages	Day	Time	Start	Fee
4503.403	13 yrs & up	Mon	7:30-9:30pm	Sept 10	\$98

Level 2

Activity #	Ages	Day	Time	Start	Fee
4504.403	13 yrs & up	Tue	7:30-9:30pm	Sept 11	\$98

Speaking Shakespeare | 6 weeks

Learn how to let the meter and the language help you discover the character, the meaning and the nuance of this great writer. Perfect for actors wanting to improve their classical technique and non-actors looking to understand Shakespeare in greater depth. Taught by the Founder and Artistic Director of the Ovation Award winning Grove Theater Center. **Note:** Registration for this class must be completed through the Burbank Park, Recreation and Community Services Department. Registration is not accepted at the Grove Theater.

Instructor & Location: Grove Theater Center
1111B Olive Avenue, Burbank CA 91506

Activity #	Ages	Day	Time	Start	Fee
4511.403	17 yrs & up	Mon	8:45-10:15pm	Sept 10	\$98

sports / fitness**30-Minute Dance Yourself Slim | 9 weeks**

Exercise to Paso Doble with Flamenco flair. Rhythms of Mambo and Cha-cha with easy movements to work your entire body. Burn the calories.

Instructor: Rikki Barton

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4401.403	13 yrs & up	Wed	6:15-6:45pm	Sept 12	\$39

All Abs | 9 weeks

Tone your middle with 30 minutes of intense abdominal work using a variety of techniques! It's a perfect complement to the 6:30 Sweatshop Kickboxing class at Verdugo Recreation Center or the 6:30 Body Bar class at Ovrom Community Center. Bring a mat (weights/balls provided)

Instructor: Karen Eldridge

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4419.404	13 yrs & up	Tue	6:00-6:30pm	Mar 27	\$33

Location: Ovrom Community Center

Activity #	Ages	Day	Time	Start	Fee
4420.410	13 yrs & up	Wed	6:00-6:30pm	Sept 12	\$33

Art of Pilates | 9 weeks

This is a mat class that joins the traditional Joseph Pilates method with the power and beauty of the soul of dance. You will move smoothly building long, lean, flexible and strong muscles while burning calories. **Note:** Please bring a mat.

Instructor: Kristan Sauter

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4414.405	10 yrs & up	Sat	10:30-11:30am	Sept 15	\$44

Barre Sculpt | 9 weeks

Unique no-impact barre workout that uses isometrics and interval training with light weights, balls, and bands, in constant motion to melt fat, deeply sculpt arms, abs, booty, and thighs, plus improve posture! **Note:** Bring a yoga mat.

Instructor: Karen Eldridge

Location: Ovrom Community Center

Activity #	Ages	Day	Time	Start	Fee
4515.410	13 yrs & up	Mon	9:00-10:00am	Sept 10	\$53
4516.410	13 yrs & up	Thu	9:00-10:00am	Sept 13	\$53

Body Bar Blast | 9 weeks

Weighted body bar cardio intervals and strength training fused with martial-arts inspired moves will rev up the metabolism, shock the muscles, and burn calories! **Note:** Weighted exercise bars provided. Please bring a mat.

Instructor: Karen Eldridge

Location: Ovrom Community Center

Activity #	Ages	Day	Time	Start	Fee
4402.410	13 yrs & up	Wed	6:30-7:30pm	Sept 12	\$53

Boot Camp | 9 weeks

Safely challenge yourself with drills that will build muscle, balance, endurance, coordination, and confidence utilizing a variety of useful props and tools to increase the effectiveness of your workout. It consists of interval training, athletic drills, weight training, and some kickboxing moves. Wear supportive shoes and bring a mat, 3-5 lb. weights, and lots of water!

Instructor: Karen Eldridge & Guest Instructor

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4422.404	13 yrs & up	Sat	8:00-9:00am	Sept 15	\$57

Butts 'n Guts & Wings 'n Thighs | 12 weeks

We will "lift the butt," "tighten the gut," and "firm and strengthen the arms and thighs." Plan to work hard, but the results will be worth it. Firm, strengthen, and tone these problem areas in a fun and energetic atmosphere to current music.

Note: Bring a mat and weights.

Instructor: Anne Jackson

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4414.403	13 yrs & up	Tue	6:15-7:15pm	Sept 11	\$72

Cardio Fat Blast/ 30 Minutes to Fitness

9 or 10 weeks

A fast, fun and highly effective class combining a super cardio workout with strength training and endurance building exercises. Burn fat, speed up your metabolism, and reduce stress! All fitness levels welcome. Weights provided. No class Monday, November 12

Instructor: Michelle L'Heureux Wilson

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4415.404	13 yrs & up	Mon	9:00-9:30am (9 wks)	Sept 10	\$41
4416.404	13 yrs & up	Wed	9:00-9:30am	Sept 12	\$45
4417.404	13 yrs & up	M/W	9:00-9:30am	Sept 10	\$78

**CardioSculpt | 9 weeks**

Fat-melting cardio and strength conditioning using the theory of muscle confusion. We mix it up with mini-circuits, weights, cardio blasts and Plyometric intervals. Bring a mat (bands, balls, and weights provided)

Instructor: Karen Eldridge

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4415.405	13 yrs & up	Thu	6:00-7:00pm	Sept 13	\$49

Chair Stretch & Tone | 5 or 8 weeks

Want to work out but can't get down on the floor? This is the class for you! We will burn calories while toning muscles and then stretch those muscles out. So if getting down on the floor has been preventing you from working out, give this class a try. Bring water, weights are optional.

Instructor: Anne Jackson

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4402.405	13 yrs & up	Wed	6:15-7:00pm	Sept 12	\$45
4403.405	13 yrs & up	Wed	6:15-7:00pm (5 wks)	Nov 14	\$30

Core Sculpt | 9 weeks

Using weights with deep, controlled, movement we draw on the body's core strength for center and balance. Prepare to sweat while developing long lean muscles! Bring light weights and mat.

Instructor: Karen Eldridge

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4406.405	13 yrs & up	Mon	6:30-7:30pm	Sept 10	\$49

Evening Pilates = Weight Loss + Strength | 9 weeks

Experience the slimming power of Pilates and dramatically reshape and strengthen your body. A unique blend of traditional Pilates core work combined with new innovative whole-body work keeps this class fresh and productive. Target-tone those stubborn zones with moves to cinch the waist and sculpt the upper and lower body. You'll love it! Please bring a mat. Weights provided.

Instructor: Michelle L'Heureux Wilson

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4506.404	13 yrs & up	Mon	6:30-7:30pm	Sept 10	\$63

Fat to Firm Weight Loss Aerobics and Cardio Sculpt

10 weeks

20 classes of one of Burbank's most popular morning workouts! Michelle's signature class combines aerobic dance, cardio interval training, plyometrics, aerobic dance, kickboxing and body sculpting cardio with weights to burn fat and build lean muscles. Awesome calorie crunching combinations target both the upper and lower body, giving you a complete head to toe workout. All fitness levels welcome. Bring a mat.

Instructor: Michelle L'Heureux Wilson

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4401.404	13 yrs & up	T/Th	9:00-10:00am	Sept 11	\$96

Karate Fit | 8 weeks

Kick, box and have fun with a dynamic karate workout that really packs a punch! This empowering program utilizes our unique Kibukan® system for a high-impact combination of karate, boxing and aerobic exercise. You'll burn fat, tone your body, acquire self-defense skills and have a blast at the same time. **Additional Instructions:** Light weight black boxing gloves are needed for class participation.

Instructor: Masters In Motion

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4550.405	13 yrs & up	Mon	10:00-10:45am	Sept 10	\$69

Kickbox Cardio Burn/Weight Training Super Session

10 weeks

Two of Burbank's most popular classes in one with Deni King, A.C.E., Certified Personal Trainer. Butt kicking session of Cardio Kickbox Aerobics followed by a full body weight training session. Yoga/Pilates stretch. Weights/bars provided, please bring a Yoga mat.

Instructor: Deni King

Location: Ovrom Community Center

Activity #	Ages	Day	Time	Start	Fee
4443.410	13yrs & up	Mon	7:00-8:30pm	Sept 10	\$82
4445.410	13yrs & up	Thu	7:25-8:45pm	Sept 13	\$82

Kickboxing Cardio Burn with Yoga & Pilates Stretch

10 weeks

Join Deni King, A.C.E. Certified Personal Trainer, in this super fat-blasting workout. Yoga/Pilates warm up/ cool-down. Instruction for all levels. A fun, friendly class. Bring water and mat.

Instructor: Deni King

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4403.403	13 yrs & up	Tue	7:15-8:15pm	Sept 11	\$62

**Kickboxing + Pilates | 9 weeks**

Lose weight, get fit and trim! Get a great body workout with this combination class of Kickboxing + Pilates. You'll increase your stamina and flexibility as well as strengthen your core. Be ready to work your booty off- this class will literally have you dripping with sweat! Bring a mat, towel, and water. No class on October 31.

Instructor: Bodygroove, Rosana Grillo

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4421.405	13 yrs & up	Wed	7:15-8:15pm	Oct 3	\$56

Mommy and Me Melt | 9 weeks

Calling all moms that are ready to workout. This fun, safe and motivating class will incorporate kickboxing, weight lifting and resistance training (with your babies) and the stroller to keep you healthy and get you back to your pre-baby weight. Abdominal work will also be included.

Instructor: Carmella Ward

Location: Ovrom Community Center

Activity #	Ages	Day	Time	Start	Fee
4451.410	18 yrs & up	Wed	10:00-11:00am	Sept 12	\$54

Pilates 30 Minute Power Sculpt | 10 weeks

Pumped up Pilates with resistance bands. Great for beginners! Simple, yet highly effective total body strengthening and shaping session. You will receive a resistance band-cost included in fee. Bring a yoga mat.

Instructor: Deni King

Location: Ovrom Community Center

Activity #	Ages	Day	Time	Start	Fee
4407.410	13 yrs & up	Mon	6:15-6:45pm	Sept 10	\$32
4446.410	13 yrs & up	Wed	6:15-6:45pm	Sept 12	\$32

Pilates = Weight Loss + Strength | 9 or 10 weeks

Experience the slimming power of Pilates and dramatically reshape and strengthen your body. A unique blend of traditional Pilates core work combined with new innovative whole-body work keeps this class fresh and productive. Target-tone those stubborn zones with moves to cinch the waist and sculpt the upper and lower body. You'll love it! Please bring a mat. Weights provided. No class Monday, November 12.

Instructor: Michelle L'Heureux Wilson

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4402.404	13 yrs & up	Mon	9:30-10:30am (9 wks)	Sept 10	\$63
4403.404	13 yrs & up	Wed	9:30-10:30am	Sept 12	\$70
4404.404	13 yrs & up	Fri	9:30-10:30am	Sept 14	\$70
4405.404	13 yrs & up	M/W/F	9:30-10:30am	Sept 10	\$190

Piloxing® | 9 weeks

Piloxing® trained/authorized instructor leads this high-energy fusion of boxing and Pilates in a rhythmic format to heart-pumping beats. Wear ½lb. gloves to sculpt arms and burn extra calories! Bring a mat.

Instructor: Karen Eldridge

Location: Ovrom Community Center

Activity #	Ages	Day	Time	Start	Fee
4416.410	13 yrs & up	Wed	9:00-10:00am	Sept 12	\$53
4418.410	13 yrs & up	Wed	7:30-8:30pm	Sept 12	\$53
4417.410	13 yrs & up	Sat	9:30-10:30am	Sept 15	\$53

Senior Stretching | 12 weeks

Do you feel your muscles are tight? Come to this class, so you can stretch them out at a slow and steady pace.

Instructor: Anne Jackson

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4410.403	18 yrs & up	Mon	6:30-7:00pm	Sept 10	\$48

Stretch It! | 9 weeks **NEW**

Movement is life! We'll stretch to help erase muscle tightness and pain to increase flexibility. It is for both active and less-active people and all levels are welcome. Bring a mat. Bands are provided.

Instructor: Karen Eldridge

Location: Ovrom Community Center

Activity #	Ages	Day	Time	Start	Fee
4421.410	13 yrs & up	Mon	10:00-10:30am	Sept 10	\$33

Sweatshop Kickboxing | 9 weeks

Gloves on, train like a champ! It's 60 minutes of fat-burning fun: kicking, punching using authentic training bags to get on the best workouts around. Bring mat, boxing gloves, and hand-wraps.

Instructor: Karen Eldridge

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4421.404	13 yrs & up	Tue	6:30-7:30pm	Sept 11	\$62

Zumba® with Michelle! | 9 weeks **NEW**

Ditch the workout. Join the party! Zumba combines Latin and International



music with a fun and effective workout system. One of the most enjoyable ways to get in shape and lose those extra pounds. No matter the age or level of experience, you CAN do this! It's a blast

Instructor: Michelle L'Heureux Wilson

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4450.404	13 yrs & up	Tue	10:00-11:00am	Sept 11	\$60
4451.404	13 yrs & up	Thu	10:00-11:00am	Sept 13	\$60
4452.404	13 yrs & up	Fri	9:00-9:30am	Sept 14	\$45

Zumba + Cardio Dance | 9 weeks

An awesome, exhilarating, calorie-crunching workout that's so much fun, you won't even feel like you're working out! Easy to follow Latin & International dance routines combining fitness and dance steps (Salsa, Cha Cha, Merengue, Hip-Hop and more). Ditch the workout, join the party - try Zumba today!

Instructor: Bodygroove, Hollie Lee/Anna

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4423.405	13 yrs & up	Mon	10:00-11:00am	Sept 10	\$64
4424.405	13 yrs & up	Mon	5:30-6:25pm	Sept 10	\$64
4422.405	13 yrs & up	Mon	7:30-8:30pm	Sept 10	\$64
4407.405	13 yrs & up	Wed	8:15-9:15pm	Sept 12	\$64
4419.405	13 yrs & up	Wed	10:00-11:00am	Sept 12	\$64

Location: Ovrom Community Center

Activity #	Ages	Day	Time	Start	Fee
4410.410	13 yrs & up	Tue	6:15-7:15pm	Sept 11	\$64
4412.410	13 yrs & up	Tue	7:30-8:30pm	Sept 11	\$64
4408.410	13 yrs & up	Wed	5:00-5:55pm	Sept 12	\$64
4411.410	13 yrs & up	Thu	6:15-7:15pm	Sept 13	\$64
4409.410	13 yrs & up	Fri	9:30-10:30am	Sept 14	\$64
4413.410	13 yrs & up	Sat	10:30-11:30am	Sept 15	\$64

yoga

Gentle Yoga | 5, 6 or 12 weeks

Breathing, stretching, restorative postures and deep relaxation will be the main focus. Bring a mat and towel.

Instructor: Anne Jackson

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4701.403	13 yrs & up	Mon	7:00-8:00pm (12 wks)	Sept 10	\$58

Location: McCambridge Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4701.405	13 yrs & up	Thu	7:00-8:00pm (6 wks)	Sept 13	\$30
4702.405	13 yrs & up	Thu	7:00-8:00pm (5 wks)	Nov 1	\$25

Kundalini Yoga for Celestial Alignment towards Healing and Renewing | 9 weeks

This series of exercise will align you with your sacred self, allowing you to find your divine identity. Kundalini Yoga and Meditation will help you reduce stress and improve your nervous, glandular and muscular system. **Note:** Please bring an exercise or yoga mat.

Instructor: Judsan Daal

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4703.404	18 yrs & up	Sat	10:45am-12:15pm	Sept 15	\$66

Kundalini Yoga for Women for Radiance & Victory 9 weeks

This series of exercise will examine the unique and expressly feminine qualities that create prosperity. The yoga and meditation that are presented have the power to clear out internal insecurities and build persistence and projection based on a confident sense of internal values. This confidence will help you progress forward in relationships and in all your endeavors. Class will include Part I – The Source of Prosperity (4wks), Part II – The Pattern of Prosperity (5wks) and 9 sets of meditations.

Instructor: Judsan Daal

Location: Verdugo Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4702.404	18 yrs & up	Thu	7:00-8:30pm	Sept 13	\$66

Kundalini Yoga for Youth and Joy | 9 weeks

This series of exercise will leave you feeling healthy and energetic, with a renewed enthusiasm for life, giving you a new capacity to be strong, flexible and radiant.

Note: Please bring an exercise or yoga mat.

Instructor: Judsan Daal

Location: Olive Recreation Center

Activity #	Ages	Day	Time	Start	Fee
4704.403	18 yrs & up	Wed	7:15-8:45pm	Sept 12	\$66

Yoga | 10 or 11 weeks

Instruction in yoga postures incorporates various stretching, breathing and relaxation techniques contributing to the well being of the total self. Comfortable clothing suggested. **Note:** Bring a mat and large towel. No class the weeks of October 22 - October 26 and November 19 - November 23 and Monday, November 12.

Instructor: Paulette Cole

Location: Joslyn Adult Center

Activity #	Ages	Day	Time	Start	Fee
4701.401	18 yrs & up	M/W	5:45-6:45pm	Sept 10	\$90
4702.401	18 yrs & up	Mon	7:00-8:00pm	Sept 10 (10 wks)	\$48
4703.401	18 yrs & up	Tue	7:00-8:00pm	Sept 11	\$52
4704.401	18 yrs & up	Wed	7:00-8:00pm	Sept 12	\$52
4705.401	18 yrs & up	Thu	7:00-8:00pm	Sept 13	\$52

Yoga, Strength Training | 10 weeks

This class will include instruction in stretching, relaxation and self massage for wellness. Classical yoga postures will be adapted to the individual's needs. 2lb. hand weights are optional and tennis shoes are required for first hour. **Note:** Please bring yoga mat.

Instructor: Susan Quon

Location: Joslyn Adult Center

Activity #	Ages	Day	Time	Start	Fee
4706.401	18 yrs & up	T/Th	8:00-9:30am	Sept 11	\$120



woodcarving workshop

**Wednesday Afternoons
1:00 to 3:00 p.m.
Stough Canyon Nature Center
Top of Walnut Avenue**

No registration fee
Optional materials list and fee
available upon request.

From beginners to experienced, woodcarvers are invited to join this fun and creative class that meets every Wednesday. The primarily one-on-one instruction will be provided by the Smoky Hollow Carvers and the Nature Center staff. There will be occasional group sessions as well.

Call (818) 238-5440 for more information.

Burbank Advisory Council on Disabilities

The Burbank Advisory Council on Disabilities meets on the 4th Thursday of the month at 1:00 p.m., except during July, August and December. The Advisory Council works with city departments to assist and address the needs of individuals with disabilities.

The meetings are held in the Community Conference Room at the **Police & Fire Headquarters**, 311 East Orange Grove Avenue, Burbank. For additional information, call
(818) 238-5372.

